



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

Volume 9 • Issue 6 • June • 2016



We have arrived at that time of year, when graduating students across the country don their caps and gowns, and arm themselves with a big grin as they march across the stage to receive their diplomas. Whether a student is finishing up middle, elementary, or high school, graduation is an important milestone in their learning journey. We encourage you to follow your dreams, never give up even when you feel like it, stay strong for your community, tribe and family. You can do amazing things and we are so very proud of each graduate from every level of education. As you continue your education or start a career just remember there are those who stand behind you and who will encourage you every step of the way!

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The next Community Advisory Board meeting will be Monday, June 16, 10-12PM Please join us, your voice is important! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



CLUBHOUSE NEWS

It is with sadness that I announce I will be leaving FAIHP to pursue a Master's degree in Marriage and Family Therapy in Sacramento. I feel so blessed to have met and learned from the Clubhouse youth and all that they have to offer. These kids have taught me so much about myself as well as valuable lessons about life such as: resiliency; passion; and how to be present in every moment. The thought of not seeing these kids each day as they grow and learn more about them saddens me deeply; however I know these youth have amazing support and mentorship here at Clubhouse. I look forward to seeing all of the amazing and healing things these youth will do with their lives. I would like to share some of my favorite memories with Clubhouse. *This is not a "goodbye"; but a "see you later my friends"!*



CAUTION

CAUTION

Food Safety

CAUTION

Each year millions of people become sick from pathogenic parasites, bacteria, chemicals or toxins from contaminated food or water. These can cause more than 200 diseases, ranging from diarrhea to cancer. Children, the elderly, pregnant women and people with lowered immunity are at greatest risk of getting sick.

Almost any food can be a source of hazardous bacteria, but most hazardous foods are moist and contain protein. This includes meats, poultry, fish, seafood, eggs and dairy products (cream pies, custards, and pastries that have cream fillings). Do not leave these foods at room temperature for more than 2 hours.

Being knowledgeable about safe food preparation lowers your risk of food poisoning and can help keep you healthy. Here are five things you can do to make sure your food is safe.

Keep it Clean

Wash hands before any food prep and again after handling raw meat or poultry, after touching your face or hair and after sneezing, coughing or using the bathroom. Blenders, rubber spatulas, can openers and reusable containers can all harbor pathogens in their nooks and crannies. Thoroughly dismantle and clean each piece and then allow to dry completely before reuse. You might also consider swapping your kitchen sponge for a washcloth that can be laundered regularly. And while no one loves cleaning out the fridge, you should give your fridge a deep clean every few weeks.

Cook Thoroughly

The best tool for food safety is an accurate thermometer. Color is not a reliable indicator of adequate cooking: One out of every four hamburgers turns brown before it's been cooked to a safe internal temperature, which can cause life-threatening E.coli poisoning. To assess the temperature, insert thermometers into the thickest part of the meat and avoid bones and the bottom of the pan as this will give a false temperature reading. Clean the thermometer between uses. And always reheat leftovers until they're piping hot.

Safe minimum cooking temperatures:

Chicken/Poultry & Ground Meats	165°
Pork, Ham, Whole pieces of beef	145°
Fish/Seafood	145°
Leftovers	165°



Keep Food at Safe Temperatures

When grocery shopping, pick out your cold and frozen foods last. If shopping on a hot day, keep food in a cooler for the ride home. When it's time to thaw frozen foods, do so in the fridge, not on the counter. Keep hot foods piping hot until serving and keep cold foods very cold. Foods that are lukewarm may be in the temperature "danger zone," the temperature range at which microbes can multiply very quickly, leading to illness.

Know When to Throw Out Leftovers

Refrigerate leftovers promptly. Place in small, shallow covered containers. Reheat leftovers until hot and steaming to 165° and gravies or "wet" foods to a rolling boil. Most leftovers will last 5-7 days, if properly stored and refrigerated. If any food has been left at room temperature for more than 4 hours, it should be thrown out. If it has been at room temperature for 4 hours or less, it is likely safe to cover and refrigerate for 5-7 days. When in doubt, throw it out!

Use Safe Water and Raw Materials

Have you ever thought about what might be lingering in your coffee pot and water filters? Regularly clean coffee makers, refrigerator water dispensers and water filters with a 50-50 water and white vinegar solution to avoid mold buildup. When it comes to raw foods, purchase from reliable vendors and wash fruits and vegetables prior to chopping and eating. Food safety is important for all of us. If ever you are not certain that a food is safe, don't eat it!



Are You Getting Too Much Sun?

It's a fact: Overexposure to the sun can result in skin cancer later in life.

Consider these statistics and your own exposure risks to the sun's harmful UV rays.

- You can sunburn even on a cloudy day!
- More than 90% of skin cancers occur on sun-exposed skin.
- On average, children get 3 times more exposure than adults!
- Eighty percent of a person's lifetime sun exposure is estimated to occur by age 18!
- One blistering sunburn can double a child's lifetime risk of developing skin cancer!
- More than 1 million new cases of skin cancer are diagnosed each year in the US!
- Melanoma, the deadliest form of skin cancer, kills one person every hour!



What You Can Do To Protect Yourself

Use Sunscreen Year-Round

—Use of sunscreen with SPF 15 or higher during the first 18 years of life can reduce some types of skin cancer by nearly 78%. Use an SPF of 15 or higher. (For children its recommended an SPF of 30.)

Avoid Reflective Surfaces

—Concrete, sand, water, and snow reflect 85% to 90% of the UV rays.

Avoid Mid-Day Sun

—Be aware that the sun's rays are strongest between 10 am and 2 pm. Stay in the shade whenever possible.

Wear Year-Round Protective Clothing

—Cover up when outdoors with dark, tightly woven clothing, wide-brimmed hat, and sunglasses.

Reapply sunscreen often

—Reapply sunscreen after swimming, perspiring, and toweling off.

Insect Repellants reduce sunscreen's SPF by up to 1/3. When using a combination, use a sunscreen with a higher SPF!

CBANS Is Having A Great Year!

CBANS is having a great year and continues to provide great information and opportunities. Great times continued in May. The **WISE group** has remained connected through cultural presentations along with participating in activities throughout the year.



Learning from local and prominent Native artists, Gourd Dancing and its significance, and the group was honored to take part in Native Hand Games. Those who participated on teams had a great time filled with smiles and laughter. For those who sat and watched got to

enjoy themselves and enjoy the company of all the other



elders. The next WISE group will be coming up on June 9, 2016 and all are welcome to come join in on the fun. If you're an elder come join your peers if not come get to know an elder in your community.

May was also the month that wrapped up the **Fatherhood is Sacred** group. What an honor it was to have worked with a group of fathers and learn along the way of what special skills and knowledge that they have to offer. It was a pleasure to deliver this curriculum to the fathers of this community, strengthening families and keeping the fathers included and active. This was the first session and only the beginning to what will be a great opportunity to build up and mobilize our community.

CBANS continues in its outreach efforts providing support and information at the Owens Valley Career Development Center (OVCDC) California Native American Culture & Resource Fair. It was a great event and it was great to see all the Native artist and vendors come and support OVCDC with this fun community event. Not only was it a chance to pick up any gifts or art, it was also nice to see those who came out to display, demonstrate and educate on any community or personal projects. Again thank you OVCDC for the opportunity!



Beading Class has not slowed down and continues to grow and welcomes those who join in. The beading class has really fashioned an identity of its own. It is a place that all are welcome and has a uniqueness that is very warm and rewarding for those who join in. The class has been steadily working on moccasins along with crafting beautiful pieces of their own choice. The class is being held Tuesdays and Thursdays, 5:30PM-8:30PM all levels of experience are welcome and encouraged to participate. I would like to end by thanking all those who have committed their time and energy to be there each Tuesday and Thursday. As well for creating such a pleasant and delightful environment for all to enjoy Thank You!



Artwork by Abel M.

For more information contact: Ruben Garcia, at (559) 320-0490.



Article by Juan “Tony” Quintanilla

We arrive and greet one another with a smile and hand shake. We smudge. We pray to the Creator. We meditate and travel to far regions – meadows, forests, oceans and our inner Nature. We feast upon what Mother Earth has provided for us, and we make an offering to her. This weekly ritual provides the container by which we are able to leave ordinary time and living, to enter into sacred space, and descend into the depths of our individual and collective experiences. It is in this space that our individual and ancestral wounds greet one another, and work on us, as much as we work on or engage in the work. We do this until something transcendent occurs, and some wisdom is gained. It is not always an easy process, as often times, like in nature, there can be an inner forest fire that clears out old brush. The fire makes room for new seedlings, while the rain that falls from our eyes soothes, and nourishes our new beginnings. Our process is further sustained by traditional soul images that make their way into our group through dreams, drawing, poetry and meditations. Once the hour and a half has gone, we close with gratitude, with prayer, and with a hand shake.

For the past almost 4 months, Tony Q. & Joyce B. co-facilitated a men’s therapy group. The purpose of the group is to gather as Native/ Indigenous men, in a circle, and share from the depths of our hearts and soul. As I

write this, I am well aware that we have gone above and beyond our initial purpose, to make room for not only our own voices, but also the voices of our ancestors, who are ever-present with us. The men’s group is a calling to our roots; a journey of healing, and a testament of our resiliency.

On occasion, we explore very complex subjects, such as anger and trauma. We do so within an individual and sometimes cultural perspective while at the same time tending to the feelings that arrive to us respectfully, with great love and empathic acknowledgement; only then can a shift begin to occur within each of our individual psyches.

The Native Men’s group is a testament to the resiliency and depth of Native/ Indigenous Men and ancestral wisdom. Aho.

*“Out beyond ideas of wrongdoing and rightdoing,
there is a field.*

I’ll meet you there.

*When the soul lies down in that grass,
the world is too full to talk about.*

*Ideas, language, even the phrase
“each other” doesn’t make any sense.”*

- Rumi

JUNE 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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JULY 2016

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All events are subject to change. Please call for more info (559)320-0490



FAIHP

Fresno American Indian Health Project

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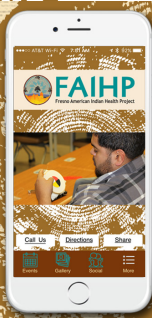
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Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

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Please make all checks payable to:

Fresno American Indian Health Project

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Our services include:

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- Behavioral Health Services
- Alcohol & Drug Prevention
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- Health Referrals
- Youth After School Program
- Nutrition counseling

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